



Suicide Prevention Toolkit 2020

Pledge

Download a copy of the Suicide Prevention Month pledge. You can pledge to participate as an individual or an organization. Take the pledge and share it on social media with the hashtags #ITookThePledge and #TalkAboutSuicide. Share your completed pledge with us by emailing it to mdh.suicideprevention@maryland.gov

Proclamation

The sample proclamation is designed to give interested jurisdictions a framework to declare September as Suicide Prevention Month at the local level. The proclamation can be edited to provide information specific to your local jurisdiction.

Social Media

Several sample posts, graphics, and cover photos are included in the toolkit for use on Facebook and Twitter. Have another idea? Come up with original posts and use the hashtags #TalkAboutSuicide and #SuicidePreventionMonth.

Get Involved

Looking for additional ideas of how to participate in National Suicide Prevention Month? Plan your own awareness campaign using the [Planning for Suicide Prevention Month infographic](#).